

TDSB

- **Virtual Drop-In Hours with Professional Support Services staff:** <https://www.tdsb.on.ca/In-Person-Learning/Resources-During-Covid-19> *Explore ideas regarding your child or youth's mental health and well-being*

Financial Assistance and Support Information

- **Toronto Hydro Emergency Energy Fund:** <https://www.torontohydro.com/for-home/financial-assistance>
- **COVID-19 Income Supports:** <https://goldblattpartners.com/covid-19-blog/what-covid-19-income-support-do-i-qualify-for-in-ontario/#parent>
- **Emergency Assistance:** <https://www.ontario.ca/page/apply-emergency-assistance>

Well-Being Support for Caregivers, Children, Youth and Families (Virtual)

- **Family Doctor**
- **What's Up Walk-in/Mental Health T.O.:** 1-866-585-6486 *Ages 0-28 and families; Referral support to agencies that offer counselling; Counsellors available in multiple languages*
- **Family Navigation Project:** 1-800-380-9367 *Ages 13-26 and families; Mental health and addiction service navigation support*
- **Sick Kids Centre for Community Mental Health:** 416-924-1164, ext. 8708 *Individual/Family Counselling; Groups; Parent workshops*
- **Hong Fook Mental Health Association:** 416-493-4242 (x3259 for English or x0) *Individual/Family Counselling for youth 12+; Groups; Support offered in English, Mandarin and Cantonese*
- **Lumenus (previously Griffin Centre):** 416-222-4380 *Individual/Family Counselling for youth 12+; Groups; Farsi speaking counsellor on walk-in every other Wednesday*
- **Family Service Toronto with Unison Health Care Services:** 647-960-0351 *Mehrangiz, Farsi speaking counsellor working with youth and families*
- **Tropicana Community Services:** 416-430-9009 *Support for all youth and newcomers, people of Black and Caribbean heritage and others in need of counselling, youth development and employment services*
- **Caribbean African Canadian Social Services:** 416-740-1056 *Individual and Family Counselling; Groups; Culturally sensitive programs*

- **Delta Family Resource Centre:** 416-747-1172 *Individual/Family Counselling; Programs; Groups; For parents, children, youth, and Black communities*

Help and Crisis Lines for Caregivers and Youth

- **Kids Help Phone:** 1-800-668-6868 <https://kidshelpphone.ca/> *24/7 Professional counselling, information and referrals*
- **LGBT Youthline:** 1-800-268-9688 (Phone); 647-694-4275 (Text) www.youthline.ca *Confidential and non-judgemental peer support through telephone, text and chat*
- **Black Youth Helpline:** 416-285-9944 *Serves all youth and specifically responds to the need for a Black youth specific service*
- **Naseeha Youth Helpline:** 1-866-627-3342 *Peer support for Muslim youth*
- **Hope for Wellness Hotline:** 1-855-242-3310 *24/7 counselling support for Indigenous peoples*
- **Distress Centre of Greater Toronto:** 416-408-4357 *For persons in need of immediate emotional support, crisis intervention or suicide prevention (translation available in many languages)*
- **Caregiver Support Ontario:** 1-833-416-2273 *Available to all caregivers regardless of age, diagnosis or where they live*
- **Connex Ontario:** 1-866-531-2600 www.connexontario.ca *Mental health support for adults*

Workshops and Webinars for Parents/Caregivers (Virtual)

- **SickKids CCMH Families First Parenting Workshops:** <https://www.sickkidscmh.ca/Home/Resources-And-Publications/Families-First-parent-education-workshops.aspx>
- **WhereToStart Workshops and Webinars for Caregivers:** <https://wheretostart.ca/webinars-for-caregivers/>
- **Online Caregiver Support Group:** <https://www.eventbrite.com/e/online-caregiver-support-group-tickets-100295998030>